

SENSORY/QUIET ROOM

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WHAT IS A SENSORY ROOM?

This will be a place where campers or staff at can go for a few minutes when camp becomes overwhelming, or there is a need for some alone or quiet time to decompress.

The sensory room/quiet room can be a space allows people to be alone if some down time is needed.

EXAMPLES

OUTDOOR



Sensory Tent | Camp Mountain Chai

INDOOR



The Chill Zone | URJ Camp Harlam

WHY SHOULD MY CAMP DO THIS?

- ❑ It benefits all staff and campers - not just those with sensory needs!
- ❑ It can be made accessible and affordable for all camps
 - Low-cost options such as tents and DIY fidgets that can be made with art materials many camps already have
- ❑ Extremely adaptable
 - Camps can make “to-go” sensory room kits with quiet toys and ear plugs that can be used by campers in any space around camp.
- ❑ Can be adapted to be Covid-safe
 - Individual bags of slime or sand can be split up for every camper to have their own
 - A designated staff or camper can be in charge of sanitation
- ❑ Provides a space for campers and staff to go during overstimulating events, such as all-camp song sessions, Israeli dancing, or meals

CAMPER TESTIMONIAL

"Going to the Chill Zone helped me immensely during the summer. As much fun as camp is, it can get overwhelming at times, especially for kids who get overstimulated easily like me. When being in the hectic camp environment becomes too much, I can simply ask a staff member to head to the Chill Zone where I spend some time looking at calming lights and playing with sensory toys. Afterwards, I feel relaxed, much less stressed and ready for the rest of the day's activities."

- CAMPER, URJ CAMP HARLAM

HOW DOES THIS RELATE TO MENTAL HEALTH AND JUDAISM?

MENTAL HEALTH: Camp can be a very overstimulating place for everyone. Having a designated quiet and calm space for all campers and staff to use when they need it provides a necessary opportunity for peace that can benefit everyone.

JUDAISM: Individual prayer and mediation is such an important Jewish concept that can be difficult for campers to connect to. Having a sensory space where campers can go to relax can help them to feel more grounded and be better in touch with themselves, their camp, and their Judaism.

WAYS TO MAKE IT MORE ACCESSIBLE

- ❑ Be conscious of people with sensory issues:
 - Color might be something to consider, sticking to similar color palettes or having things split up by color
 - Sound proof or building it in an isolated, quiet area
- ❑ Safe sanitation instructions for campers
- ❑ Open space where multiple campers can be while staying Covid-conscious
- ❑ Comfy seats
- ❑ Provide a variety of activities, games and sensory toys



GAMES & ACTIVITIES

BOOKS AND COLORING BOOKS



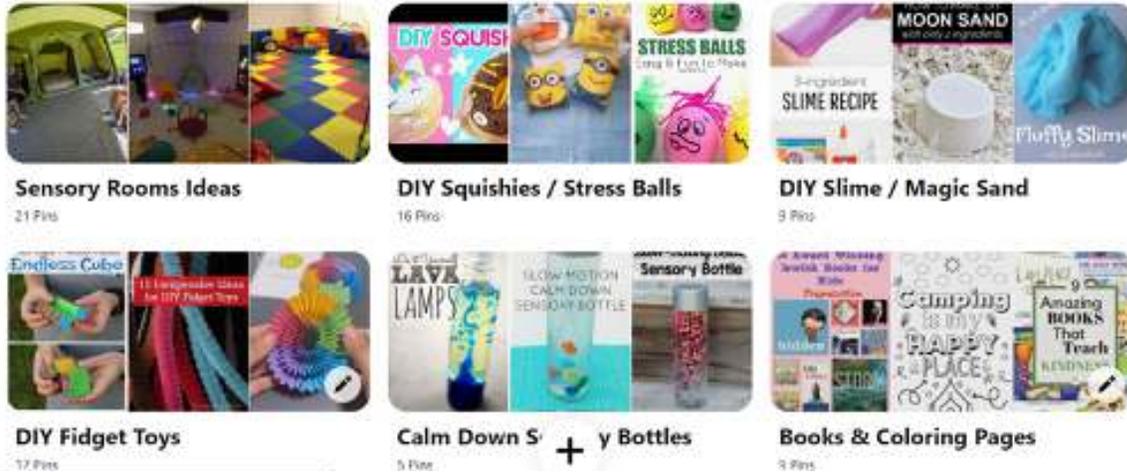
SENSORY SUPPLIES / ACTIVITIES

- ❑ Small quiet items to play with
- ❑ Foam ear plugs
- ❑ Paper squishies/other fidget toys
- ❑ DIY sensory board - cardboard
- ❑ Slime or magic sand



GAMES AND PUZZLES





[Click here](#) and get access to the different ideas provided.

CREATE A CALM ENVIRONMENT

RELAXING MUSIC

CALM JEWISH MUSIC

- [Calming Jewish Music](#)
- [Calm Jewish songs](#)
- [Calm Jewish](#)

RELAXING MUSIC

- [Lo-Fi Beats](#)
- [Relaxing Music with Nature Sounds](#)
- [Relaxing music with no words](#)

Click on the links provided to access the different playlists listed.

TIMELINE

1. Identify the space available and plan the budget
2. Buy/create all the supplies that will be used
3. Build, design, and equip the space with all the things needed
4. Inform staff on how they and their campers can use the space. Establish any necessary cleaning schedules

CHALLENGES & CONCERNS

COVID is a concern, as it might be unsafe to have communal games and fidgets shared among all of camp without a proper way to sanitize them. For this reason, we suggest camps:

- Provide an open space (room/tent) with explicit rules and suggestions in regards to its usage (sanitation of the games, proper social distancing, using masks at all times, etc.)
- Encourage each camper to create their own individual sensory game for them to have and use if needed

REFERENCES

[The Chill Zone – A sensory space that makes sense at camp | Camp Harlam](#)

[A Full Sensory Experience! | Ramah in the Rockies](#)

[CMC Cribs: Sensory Tent | Camp Mountain Chai](#)

[The “Chill Zone:” Creating a Sensory Space | Sara Berlin Schreurs - Camp Louise \(Page 23\)](#)

[Creating a Culture of Care at Camp | Jewishjournal.com](#)